



Students cheering
The external
hockey team
off to great start.
Page 11.

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



A weighty
issue
Friends get
picked on
over the holidays.
Page 6

FRIDAY, JANUARY 12, 2018

ONEONTA COLLEGE, KITCHENER, ONT.

WWW.SPOKEONLINE.COM

40TH YEAR NO. 1

Auto insurance bill has pros, cons

BY JENNIFER BROWN

Bill 15 – aimed at lowering auto insurance rates – was passed by the Ontario legislature on Nov. 29, 2017. The bill aims to lower auto insurance by an average of 10 per cent by August 2019.

"We would like to make sure people with the same needs get the benefit of the cost reductions that are going to be imposed now by this piece of legislation," said Finance Minister Charles Sousa at a Queen's Park press conference.

Though the bill has passed, insurance companies have been taking action to meet the 10 per cent decrease over the last year. By August 2014, the paid up to have auto insurance in Ontario drop by eight per cent. Then the other seven per cent by March 2015. However, the current average insurance rates in Ontario is only 8.1 per cent.

"They [insurance companies] were allowed to increase their rates based on their historical data," said Northwest Territories Advocate Insurance Group sales representative Scott Hansen. "Some companies didn't even have to follow at the decrease."

The bill sounds like it will save the people who pay auto insurance, but only in certain areas of Ontario.

"The decreases are average. However, most [insurance companies] saw potential savings, increase Toronto's rates by three per cent and drop Ontario by 10 per cent. Even though the bill



Carrie Miller, a first-year business management student, didn't know about the passing of Bill 15, but was delighted to hear the news.

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long elsewhere.

"They will be taking a belt-tightening and they will be attempting to reallocate it to home and commercial areas," Hansen said. "In the end, companies will try to make it up and tighten their franchises on front insurance

because it is not controlled by the government."

"So with the insurance companies trying to make up for their losses, homeowners may want to keep a watchful eye on their premiums."

"It's not normal very much unless the profit margins are

so much higher than on our car rates and multiple home and property owners," Devon Thompson, a Woodstock resident.

"It would be nanoparticles were for an insurance company to raise their rates so much

Students have their voices heard at CSI 'Coffee Date'

BY JENNIFER BROWN

Oneonta students had the chance to grab a cup of coffee with their senators at the one-on-one Senate Coffee Date. Students had a record Coffee Date in the Senate.

CSI provided coffee and donuts for the students who attended the first meeting which they hoped would become a regular event. However, only three senators showed up. Two of CSI's board of directors were on hand to talk with students.

"We want to hear and know the students concerns and ideas," Senator and CSI board of directors Colen Gaudet, one of CSI's board of directors.

Students raised a few concerns, including questions about Oneonta's new credits.

One interesting question came from Congressman DJ Gots passed Paul Kelly.

"I wanted to know if the club that we're able to perform for any events CSI to perform. Kelly said, "We want to get some responses and I want to know if CSI can help."

Students concerns involved

parent feedback from the CSI members prompting discussion from other senators.

An issue brought up by many was a few students were not enrolling longer park days and possibly bringing a park to the upstate campus were shown the library.

"The problem explaining that is, that we can't because the librarians and Kate Turnbull and the other members of CSI's board of directors," Kelly said. "It's great to have the other open where students could be around."

Students concerns involved

longer, Turnbull said. "It all comes back to the stereotypical getting licensed."

Currently, the CSI held its first Coffee Date, only held in the one-on-one Senate area. The maximum capacity for the room is 200 people making it hard for Oneonta's roughly 10,000 plus full time students to all sit at a table.

Another question asked was if the pub also included the passing room where would the professors, passing students and TVs be located?

"There are places where they

can be put out and locked up," said Jeff Black, a business administration management student at the college who takes advantage of all the passing rooms in the office.

Having the passing room accessible on pub days would enable roughly another 175 students to take part in the Pub Days.

CSI officials explained that most of their concerns were not heard during the Coffee Date that students can write proposals outright to CSI and have their concerns heard.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you could be any Pokemon,
which one would you be?



"I would be Squirtle."



Magali Maki,
1st year
marketing major and
International students

"Bulbasaur."



Emily Giesbrecht,
1st year
pre-health



"Definitely Magikarp."



Stephan Williams,
1st year
pre-med



"I think I would be
Squirtle."



Alana Andrijeski,
1st year
pre-med



"I would be Magikarp."



Caroline Bielefeldt,
1st year
pre-med



"Eevee!"



Dylan McArthur,
1st year
radio broadcast



Please contribute your creative responses!



EXHIBITION PROPOSALS

THAT WE CAN EXERT
OUR INFLUENCE OVER
FORCES BEYOND OUR
CONTROL

The Idea Exchange is
Combining their over the past
few years, Conestoga's Art
and Media students (by Lauren
Horne) are currently working on
commissioning, curating and
installing their exhibit on at
the Queen's Quay branch
until Dec. 11. Set up at the
Queen's Quay Conestoga's
Student Lounge, Idea Exchange
will be open until Dec. 10, 11
and 12, 2013.

Please see inside stories

BEER PONG INCREASES ANTI-BULLYING AWARENESS



PHOTO BY: BRAD WISELL

Participants had their fun in beer pong during an anti-bullying event that took place in the cafeteria on Nov. 29. For story, see news at www.conestoga.com

Atrial fibrillation (AF) is a
heart rhythm disorder that
TRIPLES YOUR RISK OF STROKE

LEARN THE
SIGNS OF AF

Delayed bursary causes outrage

BY ALICE BROWN

The student access payment issued by the Government of Ontario helps about 1,000 Conestoga students with the financial and social demands of university life. Unfortunately that didn't go as planned this school year.

The guaranteed payment was issued at the end of November and hasn't been released to students as of Sunday December past time.

In addition to the year the payment was issued but always been distributed directly to students. This school year however it is being applied directly to tuition. Patrick Bennett, the financial aid manager at Conestoga College said the guarantee has always been intended for paying tuition.

The student access payment is for students in high-risk programs where tuition costs and book costs are above what OASP provides. He said, "We successfully make up the difference."

Bennett also said applying the money directly to tuition saved students financial services staff a lot of time.

Because students don't apply for the guarantee they aren't expecting the grant money. He said to avoid the students to be there know that the cheque was available and we used to have to do a lot of



PHOTO BY ALICE BROWN

Dave Ross, a first-year pharmaceutical student at one of about 1,000 students who are affected by a change and delay in how student access payment is paid. He stands outside Conestoga's Student Client Services Building, where he used to work before.

changes. He said, "Now after that, and only have about 25 to 30 cheques distributed by the end of the semester."

Last year guarantees were paid out by Ross in outraged by the withholding of the payment. Now, many students like Ross

already made arrangements for the payment of tuition.

"I already have a tuition plan set up so I don't need it to go to that," he said. "Previously they would just cut you a cheque."

According to the Student

Financial Services office, students who already have a payment plan set up won't be charged out but only after full payment of tuition has been processed.

Conestoga Students' Association president Jeff Schmitz has

begun an investigation into the matter.

"I have started the concern section with Student Financial Services and the student body will know about any updates soon as we learn as we know as well."

MECHANIC GIVES WINTER DRIVING TIPS



PHOTO BY MARTIN BROWN

Winter is a simple time for driving if you don't know the right tips. Above: Dave Becker, a mechanic, checks the tread depth of his winter tires with a Tread Depth Indicator. See more tips on the left.

STAY WARM THIS WINTER



PHOTO BY ALICE BROWN

Conestoga students like Ben Reid at a Student Winter Clothing Giveaway on campus recently. Above: Sam Shantz, CSDI Research development co-ordinator, provides the meal. For more, see more information on the left.

Time to shed those holiday pounds

BY MELISSA BRADLEY

The much-longed-for holiday break is over for 2012 and with every new year, Canadians resolve to lose weight for themselves and try to achieve them. The most popular resolution is losing weight, which is why it is the top goal January at Weight Loss Awareness Month.

This month motivates people about the risks associated with obesity and improving one's health. According to Statistics Canada, approximately 6.5-million people or one in four adult Canadians were obese in 2009. This is 17.5 per cent higher than the rate in 2000. Obesity is measured as a body mass index (BMI) of 30 or higher.

It is evident that Canadians are less healthy. The top culprit factors are a lack of physical activity and eating processed foods. Processed foods are extremely popular because of how fast and convenient they are. Students are warned about the "Freshman 15" where students put on 15 pounds during their first year. Although the real number is only about three to seven pounds, students are still gaining weight.

Going to reduce their weight gain from the Christmas season may go to the gym or recruit Johnathon Abbott, local hero of World Gym Kitchener, says an efficient training session is another. "If you are only doing 30 minutes basically your body is just starting to get into working out to burn." That kind of

feeling and pain muscles are put starting in fatigue and then you stop. He says not getting the full benefits of an hour. He suggests that 45 minutes is a good work out and a person should also have a cool-down and warm-up period of about five minutes each.

Although many exercises to get fit, many also exercise to help lower their risk of potential health problems. Canadian health risks associated with being overweight are depression and high blood pressure and cholesterol. The Heart and Stroke Foundation, however, states that there are two types of cholesterol: low-density lipoprotein (LDL) and high-density lipoprotein (HDL). LDL cholesterol is often called the bad cholesterol because high levels in the blood promote the buildup of plaque on the artery walls. HDLs on the other hand are the good type of cholesterol.

Cholesterol is found in natural products which include meat, eggs and dairy products. LDL are usually found in processed foods. If a person has too much cholesterol, it can lead to serious problems such as heart disease.

Choosing your eating habits and consuming raw, help lower your risk of health issues. Abbott suggests eating smaller portions and maintaining a portion manager of calories.

"Try not to go between three to four hours without a meal because then your body's metabolism starts



Members of World Gym in Kitchener are shown lifting and seeking weights. Exercise is important to prevent weight gain.

to slow down," Abbott said. "For example, if you wake up in the morning the key to losing weight is spark as quickly and pain-free as possible.

Another way to help change a person's diet is to make a bunch of meals all together and pack the food away. This way a person is not forced to constantly eat later or at home than to stay away from restaurants and food with high calories.

That cause for weight gain

"All you may need to do is focus on your nutrition and make things consistent in the gym," Abbott said. "All of the regular time outside the gym but you want to be consistent to come to the gym too. You need to have a plan and you need to have structure. No just stuff shiny wraps and stuff they're all promises."

To help children and ad-

olescents get more physical activity, the Ontario government recently announced a partnership with Active for School 30 weeks ago. The goal of the partnership is to increase the amount of physical activity per day at schools the each child for an hour of physical activity by 2015. The amount of physical activity required each day is currently only 10 minutes.

Try walking a mile in salespeople's shoes

The old adage, "before you judge someone you must walk a mile in their shoes" may seem clichéd and clichéd, but in today's rapidly changing world, our society should remember this before judging others.

When walking in retail you can see what it's like to run fast, carry bags, ring up customers, prepare and present returns but nothing prepares an employee for the onslaught of those powers by people.

Consumers will have to deal with a bunch of sales by people who are trying their best, using employee gifts, a around the water cooler and share stories of their nightmare.

These people come into stores prepared for a 50% armed with their statistics and arguments.

They are the numbers who will need more hours before

they can be satisfied. They have two separate parties to attend and demand a poor customer experience who is at the center of taking those home they day was to originally make the most popular top of the charts again. Despite being sold out for weeks.

44 **Teasing employees like verbal punishment bags won't help remedy the situation. **39****

They are the fathers who come with computer printouts and threat less competitor stores in hand and demand a way to prove why their store is better. They are the mothers who come with the signs on the other side of the road.



try a different attitude next time.

They are the students who went until the last minute to remember that they need an obscure book written by an unknown author for their class the following morning.

It is unclear what an employee needs to do when these negative customers start of cutting off their own ears or offering up their best, bare body. No body likes these people, except the right of them will sing up to the eyes of the salesperson.

A long standing joke in the retail world is that, every single member of society should at some point be forced to work retail for one retailer year. Then, and only then, would customers remember that the person behind the cash register, the person holding of their line name, things they could help them with, is the person who recommended no how loudly a day it is, part time, a person too.

Retirement, yelling and screaming a longer lifetime may not really help one to make the most popular a day of the year appear more often. The power of an ear and mouth makes a book in a survival. Teasing the employees like verbal punishment bags won't help remedy the situation either.

The only thing that should rule in these cases is common

sense. Don't wait until the last minute to begin shopping for a passing event. Don't blame the lower level of staff in stores for the decisions made by bad sales. Don't blame your bad sales on someone who is working as hard as she possibly can to help you. Take responsibility and place the blame where it belongs.

Employers are people too so before you assume a 16-year-old girl and her boyfriend are being completely out of control, remember that these people are just human beings. They don't make the choices about what amount of freedom to take or the power to things like them are told to go out of their way to make customers happy. So treat them with respect, which is exactly how you would expect to be treated.

PURCHASE YOUR
Second Semester

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STUDENTS INC

GRT BUS
PASS **FOR \$218.00**

*** On Sale Until JAN 16TH**

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CSI SERVICE HUB

BUS PASS VALID FROM JANUARY 1ST TO APRIL 30TH

STUDENTS MUST HAVE A VALID STUDENT CARD IN ORDER TO PURCHASE THE BUS PASS

New January-Start Student?
Already have health plan coverage?

OPT-OUT

of the CSI Student Health Plan

OPT-OUT DEADLINE:

FRIDAY JANUARY 30, BY 2:00PM

Or opt back in if you have lost your alternate coverage

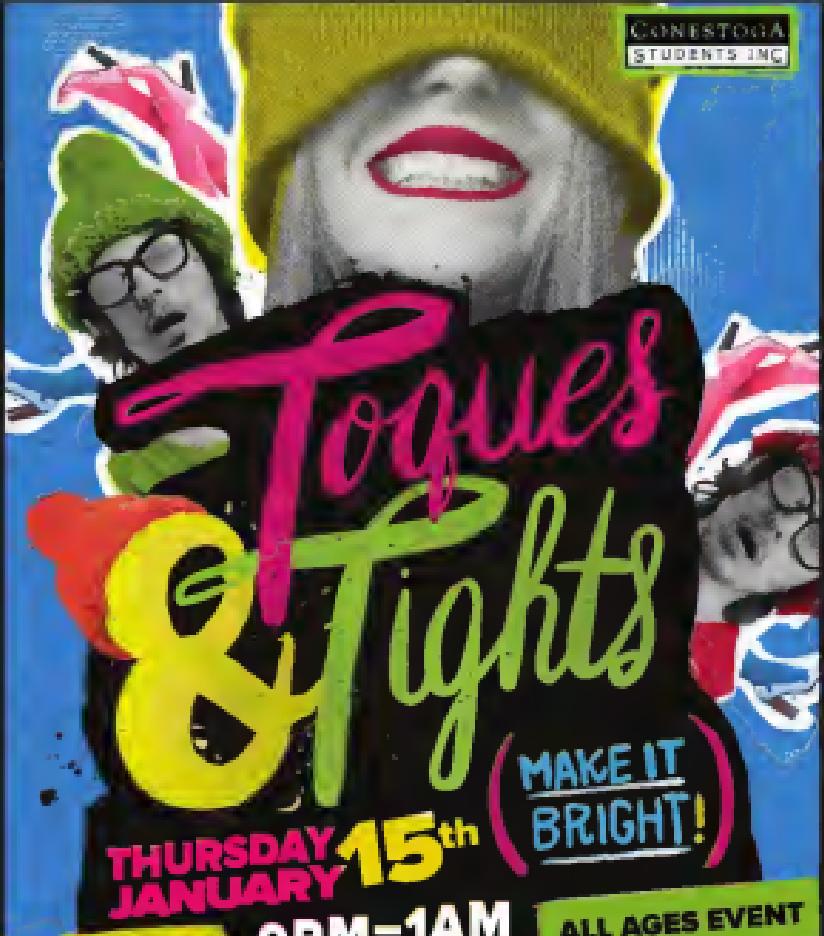
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STUDENTS INC

mystudentplan.ca

Select the opt-out/enrol menu, then the waiver page

Scan the QR code to go directly to the page



CONNECTOGA
STUDENTS INC

Toques & Tights

(MAKE IT
BRIGHT!)THURSDAY 15th
JANUARY

9PM-1AM

\$5
TICKETSIN THE
SANCTUARY
@DOON CAMPUS

ALL AGES EVENT

MUST BE
19+ TO DRINK
CASH
BAROPEN TO STUDENTS
FROM ALL CONNECTOGA
CAMPUSESGET YOUR TICKETS AT THE CSI
SERVICE HUB ON YOUR CAMPUS!VALID PHOTO ID & STUDENT CARD REQUIRED FOR ENTRANCE.
CONNECTOGA STUDENTS ARE ALLOWED TO BRING IN ONE NON CONNECTOGA BEER. BEERS MUST HAVE VALID PHOTO ID & ENTRANCE TICKET.

Seasonal sadness prevalent

BY JENNIFER RICHARDSON

During the winter months it's not uncommon for people to feel a little bluesy, especially after the holiday season is over.

However, some people are more vulnerable to a deeper sadness, a type of depression that follows a seasonal pattern. This condition is called Seasonal Affective Disorder or SAD, and it's more commonly known.

According to Dr. Robert Lewontin, a senior scientist who works in the mood and anxiety disorders program at the Centre for Addiction and Mental Health in Toronto, less than five per cent of Canadians suffer a serious chronic form of seasonal depression. 15 to 18 per cent will have milder forms and about 25 to 30 per cent will feel the "winter blues."

Although SAD can affect anyone, adults are at a high risk, with children and women are up to 60 per cent more likely to report having SAD than men. Men people who live in northern areas, from the Canada, are more likely to experience the disorder because the amount of daylight received changes in the winter months.

"I was never officially diagnosed with SAD, but I was

diagnosed with depression during the winter when I was 17 years old. I came to the realization that this was seasonal and came to realize it was SAD," says Victoria, 20.

People who suffer from SAD often experience similar symptoms related to clinical depression.

"What I experience looks like in a depressive sense of helplessness. I am completely stuck from a tactile level. When the weather is especially long, just as it is now, the more well known mood it feels like I'll be sad forever," Victoria said.

These emotions often include feelings of helplessness, fatigue, changes in appetite, loss of interests and feelings withdrawal from friends and family would experiencing thoughts of suicide and crying or feeling like crying.

"My sleeping pattern becomes very inconsistent," Victoria said. "I'm unable to fall asleep at night, despite feeling exhausted. Then it's extremely difficult to wake up in the morning. It's just constant fatigue. Constantly feeling tired, more cranky. I typically gain a lot of weight in the winter. I crave a lot of unhealthy foods. My self esteem is a lot lower than it normally is and I develop a negative body image."

There are ways for people who suffer from SAD to cope and treat these depression. Light therapy and cognitive and behavioral being the most common. Of course, any one who feels depressed during the winter months should let their family doctor know as they can help to prevent whatever is causing us stress, says Victoria that individual.

"I took Prozac, but I didn't help me at all. I'd like to explore more medication options if I can't beat it on my own," Victoria said.

Light therapy is the most often used treatment of SAD in winter months. People feel that they can get a good amount of natural light to help beat their disorder on their own, but in the winter months it may not be possible due to the shorter amount of daylight.

The most important coping method for me is consistently reminding myself that every day is not a temporary bad thing, said Victoria. Each day is to be enjoyed. Finally, I remind myself that I am loved. I have an amazing partner and an amazingly supportive group of friends. No, most of all, I love myself and deserve to be happy.

There is still a stigma around clinical depression including SAD.

The results of a survey completed by the Canadian Medical Association in 2009 revealed that 40 per cent of

men there believed, well I'm not what works for me, we are not going to work for another.

According to the Canadian Mental Health Association there are still others that say we can do to help themselves feel better, regular exercise, a healthy diet, good sleep habits, staying connected to friends and family, learned thinking techniques and more coping skills.

The Canadian Mental Health Association recommends that if people are experiencing SAD they should try to spend more time outdoors during the day in natural sunlight, measure sunlight when indoors, keep lamps and lights on when it's a dark outside, and if all else fails take a vacation to a warm sun climate.

"Taking breaks is very very important," says Victoria. "I can't take care of my mind without taking care of my body. Finally, I remind myself that I am loved. I have an amazing partner and an amazingly supportive group of friends. No, most of all, I love myself and deserve to be happy."

There is still a stigma around clinical depression including SAD.

The results of a survey completed by the Canadian Medical Association in 2009 revealed that 40 per cent of

people believe that diagnosis of mental illness is an excuse for poor behaviour and personal failings. 50 per cent of the people surveyed believe that depression is not a serious condition and 40 per cent would no longer consider it with a friend diagnosed with a mental illness.

In many cases, more people have begun to speak out against the stigma attached to mental illness, including depression and SAD. Last year Olympic champion Clara Hughes teamed up with Bell for the Bell Let's Talk campaign to help build greater awareness and acceptance toward mental health and depression.

"I don't necessarily advocate it, but I start from my question when it comes to talking about it," Victoria said. "There's such a stigma around mental health. I think it's important to keep the conversation going and raise awareness. We also should be ashamed of having to deal with depression. If someone is physically sick they get sympathy and support, but mentally it's not the same. That needs to change."

If you feel that you are not from from depression or SAD don't be afraid to seek help either through a trusted friend, family doctor or counselor.

BRANTFORD STUDENTS GET TOUR OF CONESTOGA



PHOTO BY JENNIFER RICHARDSON

Most students coming to Conestoga College Brantford campus take students from Brantford College. Other students are from a variety of Conestoga's other locations and health-care facilities. The students are interested in their studies because they're studying both as part of their curriculum.

NEW TECH COURSE IN 2015



PHOTO BY JENNIFER RICHARDSON

A new four-year diploma program titled packaging and engineering has been open enrollment in September 2013 at the Cambridge Campus of Conestoga College. Above, Luis Moraes, the chair of the faculty of Food Processing Technology, describes one of the types of packages that they hope for future students to produce for them, and will be able to learn how to do so.

Craft show helps seniors stay mobile

By RACHEL BRY

Whether you were looking for some pretty pottery or you were carrying some baked treats, Trinity Village didn't mind.

Trinity Village is a non-profit retirement facility in Kitchener owned and operated by Lifespan Homes.

Recently, Trinity Village held their annual craft show for the holidays.

The show had vendors selling jewelry, knitted hats and gloves, scarves, baked goods and decorations.

They were also selling a lunch consisting of pulled pork sandwiches and soup.

In 2004, says owner Judy, a special project is needed for the residents.

Maria Mazzoni, the program director at Trinity Village, said funds from their craft show have been going toward a new mobility van which will take residents on outings.

"Our old bus broke down so much that it was quite costly to keep it on the road," said Judy McNaught, volunteer co-ordinator. "By having a new one and fundraising for the new one will be better for everyone."

Residents and their families are excited about the new bus and are looking forward to traveling around to local events.



Wendy Lusk, a craft show participant, was director of the Trinity Village craft show.

PHOTO BY RACHEL BRY

"We are very close to our goal," Mazzoni said. "We are about \$15,000 short but with donations coming in I think we are going to achieve our goal very soon."

Although raising money is great, it's a bonding for the residents, volunteers and vendors to be putting a new bar into people just enjoy going to the craft show.

Cherie Roth enjoys attending these type of events with her mother and father because they give them the chance to do something together.

"I think they're awesome."

Mark said:

"They bring in people from the community and the area. It's something I get to do with my mom when I come to visit."



**EVERYONE
LOVES FREE STUFF**

Community Outreach Inc. (COI) brings a unique twist to giving to the community and youth. They are a non-profit organization that tries to give to students rather than money, helping to reduce stress.

PHOTO BY RACHEL BRY



HOROSCOPE

Week of December 12, 2006

**Aries**
March 21 -
April 19

In 2006 your determination will help you succeed in your studies. Your wisdom will help you land a great job.

Libra
September 23 -
October 22

Everything is under wraps. Libra. After the holiday indulgences it's time to get back into good habits.

Taurus
April 20 -
May 20

Focus your patience will be tested this month but be reassured things will get easier in February.

Scorpio
October 23 -
November 21

Take control of the new semester. Scorpio. Your diligent work makes your opinions known during discussions and your personal projects.

Cancer
July 22 -
June 21

Your indecisiveness will be demonstrated this week but hang in there the decision will become clear.

Sagittarius
November 23 -
December 21

Your optimism surround the new year is contagious! Make sure those around you don't drag you down.

Cancer
June 21 -
July 22

True hospitality over the last couple of days has earned you Cancer. but rest assured — the people around you appreciate your kindness.

Capricorn
December 22 -
January 19

Happy birthday, Capricorn! Glad to see you on the table for the new year, so make sure to take advantage of all the fun along the way.

**Leo**
July 23 -
August 22

A new year has you excited for new choices and opportunities. Make sure you take them on full steam!

**Aquarius**
January 20 -
February 18

Turn a new page this year Aquarius. Stop being so serious and start bringing a little fun to the party.

**Virgo**
August 23 -
September 22

The new year will bring something unusual. Keep your eyes peeled for a new job opportunity and financial gains.

**Pisces**
February 19 -
March 20

After a time for spiritual reflection, it's important to get back to real world realities this week. Pisces. Don't today!



Whispering Willow wishes you waves of fortune.

On Call



CBB gets her flu shot

Useless Facts

A lion is the only animal that can roar more than 20 miles a year.

There is no salt prior to and built the Taj Mahal.

"Lamb" term played by a group of male dogs. The mean one wins name is Paul.

Japan is the only country that doesn't have a singular dog.

In 1990 in Los Angeles Hospital suspended patients for testing on when patients would die.

A group of tools is called a tool.

Sudoku Puzzle

3			5		7			
6	4		3	1	8	2		
8			9			3		
4		7		3	9			
5	2			6	9	7	8	
					7		5	
7	5	4	6				9	
	2			4	8			
			1	2	6		7	

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

Word Search

Winter

H	E	D	V	U	O	M	H	E	T	K	N	M	A	V	Y
A	S	D	N	S	C	R	A	P	E	P	K	R	E		
N	M	I	T	T	E	N	S	P	O	G	H	I	K	J	S
W	C	H	N	M	E	S	R	B	L	Y	E	G	F	K	L
O	S	H	W	B	L	O	W	E	R	O	O	A	O	I	
N	B	E	L	O	V	E	S	U	H	X	T	O	M	D	
S	O	H	I	I	K	S	C	T	O	S	I	R	P	I	
L	Z	M	O	R	B	A	P	O	X	N	L	O	A	N	
E	H	Z	E	W	R	L	E	K	O	E	T	W	K	U	G
Y	C	M	F	U	U	A	I	D	S	S	B	A	L	T	
O	B	N	I	C	W	L	O	Z	B	H	Z	M	U	Y	
H	E	R	K	S	T	O	N	I	F	R	V	O	L	I	
S	G	A	B	L	T	N	Z	U	C	V	O	X	R	E	
A	O	J	P	Z	G	E	K	A	L	F	T	E	X		
Z	S	O	P	C	N	Y	M	T	A	B	S	E	S	E	
U	R	W	Y	S	S	Y	H	U	T	F	H	E	P	O	

BOOTS
BITES
SNOWBLOWERS
SNOWMAN
STORM
ICE
HOCKEY
FLURRIES
FLAKES
SALT
SCRAPER
PLOW
SCULPTURE
SKATING
SKINING
SLIDING
SHOVEL
MITTENS
SCARF
SLIPPING

Give your old clothes to people in need

By JENNIFER BURGESS

Many people are bundling up to protect themselves from the cold weather. But some people are not so lucky. They cannot afford to buy warm clothes. That is why clothing drives are held.

Conestoga Students for just on the air by holding their Winter Clothing Drive from Nov. 20 to Dec. 5. People brought in warm clothing and placed them in one of the donation bins that were in the hall way just outside the CSE office. All of the donations went to the Salvation Army.

The clothing drive was the idea of the CSE Leadership Ambassador Team, which consists of 20 students who had a different charity event each month.

The clothing drive was our last charity event this semester and while筹款ing we learned that the Salvation Army was in need of clothing and Lisa Steele, leadership development coordinator for

CSE, "We held the clothing drive on Super Day, so we would get enough clothes donated by the end of the week."

The Salvation Army was pleased when they heard about the drive. They even made the banner for the students to attach to the donation table. In addition to the Salvation Army, Sun Life Financial, Anytime Fitness and radio stations 94.7, 102.3 FM, 95.7 Shores and 104.7 were sponsors.

The drive turned out to be a success with people taking the donation bins to the very top with coats and hats, mittens and more gifts.

It especially feels rewarding that we got so many donations and Overall Fitness, a leadership coach, also took with CSE who helped organize the display for the clothing drive. There were photos in one of the things we take for granted and it is important to remember that most people don't have as many choices as we do.

These clothing drives are not just good for people who need warm clothes, but they are also a measurement, way for people who have too many clothes to get rid of their donations. Canada states that Canadians spend four per cent of every dollar they earn on clothes, which they either constantly replace or have piles on as they try to stop buying. Instead of just throwing these clothes in the garbage, Canadians can donate them to someone who can still use them.

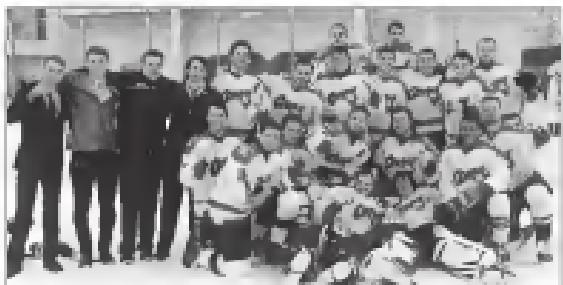
Driving drives don't only happen during the holiday season. Some are year long. One example is Walkathon, a charity drive sponsored by the Canadian Diabetes Association, which places stations along trails in many parks across Canada.

If you want to donate something, go to www.clothesline.ca and then to The "I'm a Condor" Chapter under the "10 Year Community Initiatives".



PHOTO BY JENNIFER BURGESS

Courtesy Student's for just on the air by holding their Winter Clothing Drive that was held at Conestoga College.



Conestoga 2013-2014 men's ice hockey team after being crowned champions after defeating Sheridan in a recent tournament.



Conestoga 2013-2014 women's ice hockey team before their semi-final game against Sheridan College in a recent tournament's championship game, held in Galt.



Hockey teams get off to a great start

By KATHARINE MCGALLAGH

There are three things Canadians cannot resist: fast food and hockey. And a fast hockey game is even better.

The success of Conestoga College's recreational men's and women's hockey teams are noteworthy and everyone is invited to watch them in action.

An extramural team is for students who want to play at a competitive level but don't have the time to commit to a varsity team. The two hockey teams play at four regular tournaments a year and practice once a week.

Both teams did well in their first tournament.

The men's team made it to the championship game, played hard and lost to their old foes, ending up losing 1-0 against Champlain College. The men's team were crowned champions after winning 3-2 in overtime against Sheridan.

Both teams also played a tournament at McMaster recently with the men being defeated 4-3 by Trent in the semifinals and the women finishing third in their division.

With the recession comes a tight budget, but personal loans and extramural grants are being played at off-campus areas.

Students can come and watch and have fun at the athletic activities and campus recreation co-ordinators at Conestoga. It is an event, and we're excited but the money doesn't cover everything to come in and watch the games.

The men's team will play at Fanshaw on Feb. 23 and the women will play at Laurier in Galt on Feb. 8.

The next home games are Feb. 8 at the Condors Ice Park Arena for the men and on March 8 at Rupertswood Arena for the women.



Conestoga Students Inc

Chiropractor & Massage Therapy

**CONESTOGA
STUDENTS INC.**

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Wednesday:.....9:00am-4:00pm

Thursday:.....9:00am-4:00pm

Prices:

Initial Visit: \$60 (\$12 with CSI Health Plan)

Follow-ups: \$35 (\$7 with CSI Health Plan)

Prices:

30min: \$55 (\$11 with CSI Health Plan)

45min: \$65 (\$13 with CSI Health Plan)

60min: \$85 (\$17 with CSI Health Plan)

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